

# A Heart

### Prepared

A simple & effective Scripture memorization guide

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### Dedication

Dedicated to my loving and always supportive husband Jason, this book and my blogs would never have come into existence if it wasn't for your constant encouragement and faith that I could do this!

And to my twin boys: Malachi & Micah! You are the light of my life and it's a joy to watch you grow and explore this world. Thank you for encouraging me to always be growing in my faith and my walk with the Lord.



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### How to Use This Guide

As you will see in the introduction, this guide was born out of my own desire to memorize God's Word. I felt an overwhelming burned to lay down my own lazy ways and to pick up God's Word – each and every day!

My hope in this guide is that I can encourage you to do the same! Starting a habit of memorizing Scripture can – and will – transform your life! You will start to see and feel a deliberate shift in your mind and actions when you start filling it with Scripture and memorizing God's Word.

The meat, content, and driving force behind this guide are printable Scripture cards! I started making these for myself a few years ago so that I had handy cards I could throw in my purse and memorize over lunch or set above the sink while doing dishes. I wanted to get into a daily habit of memorizing Scripture and wanted an easy and simple way to do it!

And of course I had to make these cards beautiful because friends kept asking me to make them some! My hope and prayer for this guide is that you will print off these cards, place them around your house, in your car, at your office, and anywhere else you will see them....and start memorizing Scripture. **Today**!

In this guide I will cover everything you need to start memorizing Scripture today (and some resources for digging in deeper), including:

- How to cultivate a love for God's Word
- The sufficiency of Scripture
- How the Bible helps us to change
- Tips for memorizing Scripture
- Dozens of practical Bible verses to memorize (grouped by section)
- Beautiful printable Scripture memorization cards
- And more!

### Ways to Read this eBook

EBooks are wonderful because you can read them anywhere and on multiple devices! You can read it on your computer, smart phone, tablet or even print it out. You are welcome to print the entire guide, certain chapters, or just the beautiful Scripture cards! However you choose to do it, just start memorizing Scripture today! Don't wait.

### Printing the Scripture Memory Cards

What I love to do is send my Scripture card files to somewhere like Office Max and print them out in color on nice cardstock and have them laminated. I then put a hole punch in the corner and attach each group of Scripture cards with a ring. Then I have them in an easy and convenient way to carry your cards!



I have also made a small investment into a <u>home laminator</u> (that I use all the time) and can laminate the cards myself at home! Easy and simple.

Of course, you are always welcome to just hit print and cut out the cards to start memorizing right away!

### Introduction

I'm a fairly diligent Christian. When I became serious about my faith in high school, I threw myself into learning all that I could.

I devoured Christian books. I joined and eventually became president of my high school Christian club. I made Christian friends. I went to a Christian college and even got a bachelor's degree in Biblical Studies.

My *knowledge* of God and His word grew. I learned Hebrew so that I could read God's word in it's original language. I extensively focused on and studied the Old Testament to better understand the culture and the time it was written.

Throughout all of this my knowledge grew by leap and bounds but my **love** for the Lord just barely crawled. I would spend more time reading **about** the Bible then actually reading the Bible itself!

My "devotional" time was spent reading books *about* the Bible and about Christian living. *But my times wasn't spent actually reading God's word itself!* I wanted to dive into Scripture and get lost in the profound truths that it held but I just didn't feel the *desire* to do so.

I was not a new Christian or even a superficial Christian. I knew doctrine and knew how to soundly defend my faith. But I started realizing a problem. I knew the right doctrine and facts but didn't have it stored in my heart!

I could more accurately quote a John MacArthur sermon **about** the Bible then I could actually quote the Bible itself. I knew enough to know that "somewhere it talks about this" and Ephesians talks about marriage but I couldn't give specific passages or specific references.

Google became my best friend for finding passages of God's Word. But God's perfect word wasn't penetrating and saturating my heart and mind. I wasn't dwelling on His word and letting it change me. I was excelling **in the knowledge** of the Lord but **not in love** for the Lord.

### My Struggle with Anxiety

The Lord slowly started working on my heart and has been teaching me that to really follow Him, I need to dig into his word more. It all started when I thought I was having a heart attack.

I struggle with anxiety. I have for as long as I can remember.

I didn't know what it was at the time, but as a teenager, I used to wake up in the middle of the night with panic attacks. I dwell on things and **let them consume my mind**.

A few years ago I was having a pleasant day at home with my husband and brother in law. I was baking in the kitchen when suddenly I was having heart palpitations. I didn't know what they were and it scared me!

I thought something was wrong with my heart. I had anxiety over it and rushed to the doctor first thing Monday morning.

The doctor asked if I was under a considerable amount of stress? *Me? Stress? No, not really!* 

I mean okay, I was taking 21 units at the time, preparing for college graduation in a few months, perhaps a bit anxious about money, working 30 hours a week with a ton of homework-but I wasn't *stressed*. This was just normal for us! I brushed it aside that stress was causing it. *It had to have a physical cause*.

I graduated college, got an excellent full time job the week I graduated (praise the Lord), and suddenly had a considerable amount of free time on my hands. But from February until the middle of summer I constantly had chest pains.

### I thought I was going to have a heart attack

I had tightness in my chest. Shooting pains in my chest. No more palpitations thank the Lord but I was always waiting for them to begin again.

And this definitely wasn't stress related...right? I mean, my life was so easy compared to a few months ago. This **had** to be physical – just had to be.

I feared for what this meant. I spent considerable time in high stress anxiety over the pains. I couldn't stop thinking about what this meant. The pains would start and my anxiety would shoot through the roof! I had an EKG done. Nothing, my heart looked just fine. I started going to physical therapy because they thought my pain might have to do with my posture.

Finally I switched doctors and ended up at a cardiologist. I was hooked to a heart monitor for 24 hours, I did a running stress test, I had an echocardiogram...and nothing. It all came back that my heart was normal and healthy.

This landed me back at the doctor talking about stress. The doctor suggested prescribing pills to help me stay calm and avoid stress but said that this was basically a life sentence of the medicine if I started down that road.

I did not want to go this route. I firmly believed that if this really was stress induced pain, then medicine was not the way to heal my pain, God's word and his faithfulness was.

### God Helped Me to Heal

Over the course of this journey, I had been trying to rely more on God. Throughout all this I saw my own blatant sinfulness. I saw how little I was trusting in the Lord.

I tried to come to grips with the fact that maybe my heart did have a problem, and it was all God's plan. But I struggled with it and didn't truly give my anxiety over to the Lord.

Throughout my many tests near the end, *I started memorizing God's word*. My husband was always a constant reminder to me that I need to trust in the Lord. But when I was at work and the chest pains started, I was convinced that a heart attack was right around the corner and left no room for God's work in my life.

Until I started memorizing God's word and what HE had to say about stress and anxiety. I made scripture cards on anxiety, and *started memorizing passages in the car at stoplights, during breaks at work and whenever stress started creeping into my heart.* 

During this time, I learned that in fact, my heart was fine, and the physical root of my pain was in fact all physiological. I was able to finally see God's plan. I wish that I could say I had more faith while waiting the test results but the true faith didn't come until after.

But I see that through that, God had finally given me the tools to start to combat fear and anxiety. I can finally place my faith and trust in Him. I did study on God's providence and His faithfulness but mostly storing His precious words in my heart concerning anxiety helped me to deal with it.

Luke 12:22-31 is the first passage I memorized and to this day I repeat it to myself to help dissolve my sinful anxiety.

And he said to his disciples, "Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor

reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And which of you by being anxious can add a single hour to his span of life? If then you are not able to do as small a thing as that, why are you anxious about the rest? Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith! And do not seek what you are to eat and what you are to drink, nor be worried. For all the nations of the world seek after these things, and your Father knows that you need them. Instead, seek his kingdom, and these things will be added to you."

Consider how small an hour is compared to our entire lifetime. *It's tiny and yet God promises that by nothing we do can we add even a single hour to our life.* Having anxiety over the big and the small things will not add an hour to our life so we better serve His Kingdom by placing our trust in Him.

### Learning HIS Lessons

*I see now why God had me walk through that valley.* He was teaching me to place my trust in Him and to learn to turn to **His Word** above all else.

There will always be valleys in our life. I learned how to better handle anxiety. Then I became a Mother of twin baby boys and new struggles and lessons began. This past year I unexpectedly lost my own mother at the young age of 47.

I have had this urge to want to place my comfort and my sorrow in my husband. And while he can help and support me a considerable amount, my faith and trust needs to be in the Lord.

Where is it that you place your hope? Your Trust? Your Love?

My hope, goal, and desire from this book is that I can encourage you to turn to God and His Word in times of need. You may be facing anxiety at work. Burn out and exhaustion from being a young mother. Fear and sorrow at the loss of a loved one. Or perhaps you just want to turn to God's Word to better understand your role as a Biblical Woman, homemaker, wife, mom, or Believer.

Whatever your struggle, whatever your sin, whatever your pain...God's Word is sufficient to handle it all. So join me on this journey as we dive into God's Word and start hiding His Words in our Hearts.

So that, at the end of the day, we might have a heart that is prepared to share the Gospel, love God, and to love our neighbors.

### Cultivating a Love of God's Word

So often in the early days of my walk, I wondered why I didn't have this outer ability to share God's Word, His Love, and His Gospel with those around me. I felt uncomfortable and honestly, God's Truths didn't readily come to the forefront of my mind during everyday conversations and experiences.

I was committed to His word, but I didn't really know that it meant to **love God's Word.** 

God's Word is full of powerful truths and can transform your life. But first, you have to open it and read it. Next, you have to actually digest God's Word and start applying it to your life.

In order to saturate your mind with God's Word, you must first read God's Word. In order to let God's Word transform your thoughts and actions, you must first meditate on God's Word. And to share the Gospel with those around you, you must *know* His Truths and be able to repeat them to others.

"No Spiritual Discipline is more important than the intake of God's Word. Nothing can substitute for it. There simply is no healthy Christian life apart from a diet of the milk and meat of Scripture." ~ Donald Whitney, *Spiritual Disciplines for the Christian Life*, page 28.

### We Should Desire His Word

As Christians, we should desire God and His Word. We should thirst for the sweet truths of Scripture the way a deer pants after water on a hot day.

"As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God."  $\sim$  Psalm 42:1 -2

But I know that so often, this isn't the case. We first get that call to come to Christ, and as new Christians, we are so excited and so in love with our God. We have good intentions of daily scripture reading, prayer, and devotion to our Lord.

But somewhere, somehow, amidst the busyness of life, our daily habit turns into a weekly habit and then a monthly habit and before we know it, we can't remember the last time we picked up God's Word. Slowly, over time, God's truths and His Gospel are not readily brought to the forefront of our minds. We notice that our old sinful habits are creeping back into our life and we wonder where this love for the Lord has gone. Where is the fire and passion that once consumed my life?

### Getting to the Root of the Problem

Often at this point in our walk with the Lord, we are tempted to find the "root" of the problem. Maybe I need to put more Christian music on my iPod? Maybe instead of one weekly Bible study, I should be involved in two or three? Maybe I need to read more Christian living books such as <u>Desiring God</u>? Maybe if I do all this, I will love God more and deepen my walk with Him?

All of those things can be great for our Christian walk...but they all also miss the point. Our faith and our walk with the Lord should be based on one thing: His Word. If you are feeling depressed, anxious, far from God, angry, or anything else, the answer is to turn to God's Word.

"So even though we honor God's Word with our lips, we must confess that our hearts – as well as our hands, ears, eyes, and minds – are often far from it. Regardless of how busy we become with all things Christian, we must remember that the most transforming practice available to us is the disciplined intake of Scripture." ~ Donald Whitney, *Spiritual Disciplines for the Christian Life*, page 29.

In the next chapter we will talk about the sufficiency of Scripture. We will cover what it means when Scripture talks about being the only thing we need to live a joyful and dedicated life to Christ. But for now I want to spend time on how we can cultivate this love for God's Word.

### Going through the motions

Sometimes, when you feel spiritually dry and your love for God seems to be diminished, you have to start going through the motions. You may not *feel* like opening God's Word. It might even sound boring or you just can't seem to find the time to do it.

But the only way to come to a loving and profitable relationship with the Lord, is by reading His Word, digesting it, and living it out! Start by going through the motions and forcing yourself to sit down and read 10, 20, even 30 minutes of Scripture each day! Before you know it, you will find yourself falling deeper and deeper in love with God's Words, teaching, doctrine, and Spirit!

"For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." ~ Hebrews 4:12

As you dive into the powerful truths and God's Living Word, you will start to hunger for more. What began as simply going through the motions turns into a hunger and thirst to always be in God's Word. The next step then is to memorize His Word so God's truths are always close to our hearts, constantly on our minds, and continually flowing through our mouths.

"Peter says, "With all your longings, this is one you need to have - an intense, passionate, overwhelming, insatiable craving for the word." (1 Peter 2:1-3) And he defines it as the pure milk of the word; pure, a word meaning "uncontaminated." It's a pure substance in the midst of a world of corruptible, contaminated, polluted things. And he uses the marvelous, beautiful analogy and imagery of a little baby who longs for the uncorrupted, unpolluted, unadulterated milk of its mother's breast. This is the purity of that milk - uncontaminated, untouched by anything, coming straight, as it were, from the mother into the mouth of the child, unpolluted by the world around. And what milk is this that Peter calls us to that is analogous to that, that nourishes that infant? It is the milk of the word. The milk of the word." – John MacArthur: Cultivating a Hunger for God's Word

Spiritual growth and developing a love for God's Word all depends on our reading and understanding of God's Word. He has commanded us to constantly be reading and memorizing His Word and we must obey!

"So, if you desire spiritual understanding, delight in spiritual things, love for God, faith in the Lord, and consistent obedience, then you need to grow. And you grow by every word that proceeds out of the mouth of God. This is your nourishment." — John MacArthur

### For further study:

Desiring God by John Piper
When I Don't Desire God by John Piper
The Pursuit of God by A.W. Tozer
Spiritual Disciplines for the Christian Life by Donald Whitney
Cultivating a Hunger for God's Word by John MacArthur
God's Word and Your Spiritual Growth by John MacArthur
How to get the most from God's Word by John MacArthur
Hungering for God's Word by John MacArthur

### The Sufficiency of Scripture

Before we dive into memorizing God's Word, I think it's important to first cover the basics of loving God's Word and then also understanding the overwhelming ability of His Word to transform our lives. The Bible is God's living and active words.

"The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple; the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes; the fear of the LORD is clean, enduring forever; the rules of the LORD are true, and righteous altogether." Psalm 19:7-9

God's Word is sufficient for all things. What does this mean?

In Psalm 19, David shares that the law of the Lord (Scripture) is perfect! This Hebrew word for perfect is literally "whole", "complete", or "sufficient". The Bible is whole and complete. It lacks nothing and has everything we need. It's a complete manual for our life to revive our soul. Furthermore, God's testimony is sure; it's unwavering and unmistakable. His Word is perfect, complete, whole, and full of sure wisdom.

David also uses the language that the Lord's precepts are "right". This has the connotation that God's path that he lays out in Scripture is the right path. It's true, perfect, and complete. He has set this right path before us and is the ultimate path to a joy filled life!

"Because it steers us through the right course of life, God's Word brings great joy. If one is depressed, anxious, fearful, or doubting, the solution is found not in self-indulgent pursuits like self-esteem and self-fulfillment. The solution is found in learning to obey God's counsel and sharing in the resulting delight. Divine truth is the fount of true and lasting joy. All other sources are shallow and fleeting." – John MacArthur, The Sufficiency of Scripture

"All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work." -2 Timothy 3:16-17

### When People Change

It's important to understand the sufficiency of God's Word because when we saturate our hearts and our minds with God's Word, that's when we can really see life changing transformation.

"Let the Word break over your heart and mind again and again as the years go by, and imperceptibly there will come great changes in your attitude and outlook and conduct. You will probably be the last to recognize these. Often you will feel very, very small, because increasingly the God of the Bible will become to you wonderfully great." – Geoffrey Thomas, *Reading the Bible* 

When we read and memorize God's Word, we are allowing the Holy Spirit to grab a hold of and convict our hearts. When we saturate our hearts with God's Word we begin to see glimpses of just how Glorious our Lord is. When we allow Scripture into our lives and let it transform us, then we will start to look more like Christ.

"The psalmist wrote, "Your statutes are my delight; they are my counselors" (Psalm 119:24). Just as the Holy Spirit retrieves scripture truth from our memory banks for the use in counseling others, so also will He bring it to our minds in providing timely guidance for ourselves." ~ Donald Whitney, *Spiritual Disciplines for the Christian Life*, page 43.

Scripture is never changing; it's perfect and will equip us for all of God's work. It's the perfect guidebook we need in this life for showing us how to think, act, and behave.

"Contrary to what many are teaching today, there is no need for additional revelations, visions, words of prophecy, or insights from modern psychology. In contrast to the theories of men, God's Word is true and absolutely comprehensive. Rather than seeking something more than God's glorious revelation, Christians need only to study and obey what they already have. Scripture is sufficient." – John MacArthur, The Sufficiency of Scripture

For further study read <u>The Sufficiency of Scripture</u> from Grace to You Ministries or read *Our Sufficiency in Christ* by John MacArthur.

### Memorizing God's Word

"I have stored up your word in my heart, that I might not sin against you." ~ Psalm 119:11

As a Christian, the most important thing we can do is to daily be reading The Holy Bible. But our daily Scripture reading is only effective if we actually soak in what we are reading and live it out.

"When Scripture is stored in the mind, it is available for the Holy Spirit to take and bring to your attention when you need it most." ~ Donald Whitney, *Spiritual Disciplines for the Christian Life*, page 42.

Scripture memorization is one of the most effective ways to train our own hearts and minds so that we can walk God's path and share His Gospel. We are able to constantly feed our own brains a steady diet of God's Word and His Truths.

### The Purpose of Memorizing Scripture

The purpose of memorizing Scripture is to not simply store up knowledge, but rather to transform our hearts and obedience to Christ. As you memorize Scripture, it is my prayer that you would really come to *understand* Scripture and be able to apply those truths to your life! Because I can't say it any better, I'll let John MacArthur explain:

"A good musician will have a repertoire of music he or she has memorized and can instantaneously recall at any given moment. This frees the performer from being dependent on music sheets, allowing him to concentrate on his playing. Many musicians that have music in front of them hardly ever refer to it. What they are really doing is playing from the heart. It's the same with memorizing Scripture. Having a "repertoire" of key passages from the Bible allows you to go beyond fumbling with pages on a book, and gives you the ability to instantaneously recall passages at the mere mention of the chapter and verse. This way you can deeply consider the meaning of the passage without the effort of having to read it and decipher it at the same time.

"Memorizing Scripture gives you deeper insight into other passages of the Bible. Imagine being able to read a passage of Scripture and then be able to cross-reference other key passages instantly – all from memory! *This is the power and* 

freedom Scripture memorization gives you." – John MacArthur, <u>The MacArthur Scripture Memory System</u> (out of print).

### Memorizing Scripture Helps in Our Obedience

The more we become familiar with and memorize God's Word, the more it will transform and convict our hearts. When you are in a heated discussion with your husband and angry words are ready to fly out of your mouth, it's a wonderful thing to instantly recall <u>James 1:19</u>. It's humbling and helps you to submit in obedience to the Lord.

"Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger" ~ James 1:19

When we memorize God's Word, we are equipping our minds so that the Holy Spirit can convict, lead, and encourage us with the right thing to do at a moment's notice!

### Memorizing Scripture Can Help Us in Rough Times

As I shared in the introduction, I have struggled with anxiety for a long time. It didn't matter how many "techniques" of the world I tried. I cut down my caffeine intake, I took time to take deep, slow breathes, I ate more vegetables, ect. Ect....of course, none of those things completely took away my anxiety even if they seemed to help for a short time.

The root of my anxiety was sin. I wasn't really trusting my life (and the lives of my loved ones) to God. I wanted to *control* my life. I wasn't thankful for all that the Lord had given me; instead I sinfully wanted control over my life...and then worried about it!

Finally, I was convicted of my need to trust in the Lord and through prayer and memorizing God's Word, I've been learning to do just that.

Are you walking through a difficult time in your life? Maybe you struggle with anxiety like I do. Maybe you lost a loved one and you are struggling with grief. Maybe the every day burdens of life just seem so heavy and you feel like you are drowning.

Whatever your burden right now, there is **hope.** Hope found in the Gospel and throughout the pages of Scripture. Hope that you can bury deep in your heart and saturate your mind with.

Join me on this journey as I get intentional with my faith. I want to draw near to the Lord and feel a hunger for His Word. I want to bury His Words and His Truths deep into the crevices of my heart and my mind – and I pray that you will join me on this journey!

"Incline your ear, and hear the words of the wise, and apply your heart to my knowledge, for it will be pleasant if you keep them within you, if all of them are ready on your lips. That your trust may be in the LORD, I have made them known to you today, even to you." Proverbs 22:17-19



She does him good, and not harm All the days of her life. She seeks wool and flax. And works with willing hands

V. 12-13

She considers a field and buys it; With the fruit of her hands she plants a vineyard. She dresses herself with strength and makes her arms strong. She perceives that her merchandise is profitable. Her lamp does not go out at night.

V. 16-18

She makes bed coverings for herself; Her clothing is fine linen and purple. Her husband is known in the gates When he sits among the elders of the land. She makes linen garments and sells them; She delivers sashes to the merchant.

V. 22-24

Her children rise up and call her blessed; Her husband also, and he praises her: "Many women have done excellently, But you surpass them all."

An excellent wife who can find? She is far more precious than jewels. The heart of her husband trusts in her. And he will have no lack of gain.

V. 10-11

She is like the ships of the merchant; She brings her food from afar. She rises while it is yet night And provides food for her household And portions for her maidens

V. 14-15

She puts her hands to the distaff, And her hands hold the spindle. She opens her hand to the poor And reaches out her hands to the needy. She is not afraid of snow for her household. For all her household is clothed in scarlet.

V. 19-21

Strength and dignity are her clothing, And she laughs at the time to come. She opens her mouth with wisdom, And the teaching of kindness is on her tongue. She looks well to the ways of her household And does not eat the bread of idleness.

V. 25-27

Charm is deceitful, and beauty is vain, But a woman who fears the LORD is To be praised. Give her of the fruit of Her hands, and let her works praise Her in the gates.

V. 30-31

V. 28-29

# The Roman's Road To Salvation



For all have sinned and fall short of the glory of God.

Romans 3:23

For the wages of sin is death, But the free gift of God is eternal life in Christ Jesus Our Lord.

Romans 6:23

For with the heart one believes and is justified, and with the mouth one confesses and is saved.

**Romans 10:10** 

That Christ died for our sins in accordance with the Scriptures, that he was buried, that he was raised on the third day in accordance with the scriptures.

1 Corinthians 15:3-4

As it is written: "None is righteous, no, not one"

Romans 3:10

But God shows his love for us in that while we were still sinners, Christ died for us.

Romans 5:8

Because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

Romans 10:9

For "everyone who calls on the name of the Lord will be saved"

**Romans 10:13** 

Find more Scripture Memory Cards and encouragement on Marriage at:

A Biblical Marriage
ABiblicalMarriage.com



## Proverbs 6:6-8

Go to the ant, sluggard; consider her ways and be wise; who having no guide, overseer, or ruler, provides her food in the summer and gathers her food in the harvest.

## Proverbs 25:28

He who has no rule over his own spirit is like a broken down city without a wall.

# Matthew 6:31-33

"Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' "For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. "But seek first His kingdom and His righteousness, and all these things will be added to you.

# Philippians 4:11-13

For I have learned to be content, whatever the circumstances may be. I know now how to live when things are difficult and I know how to live when things are prosperous. In general and in particular I have learned the secret of eating well or going hungry of facing either plenty of poverty. I am ready for anything through the strength of the One who lives within me.

# 1 Timothy 6:7-10

For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. People who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge men into ruin and destruction. For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.

# Romans 13:8

Owe nothing to anyone except to love one another; for he who loves his neighbor has fulfilled the law.

### Proverbs 12:11

He who tills his land will have plenty of bread, but he who pursues worthless things lacks sense.

# Proverbs 3:9-10

Honor the Lord from your wealth and from the first of all your produce; So your barns will be filled with plenty and your vats will overflow with new wine.

# 2 Corinthians 9:6-8

Now this I say, he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. Each one must do just as he has purposed in his heart, not grudgingly or under compulsion, for God loves a cheerful giver. And God is able to make all grace abound to you, so that always having all sufficiency in everything, you may have an abundance for every good deed.

# 1 Timothy 6:9-11

But those who want to get rich fall into temptation and a snare and many foolish and harmful desires which plunge men into ruin and destruction. For the love of money is a root of all sorts of evil, and some by longing for it have wandered away from the faith and pierced themselves with many griefs. But flee from these things, you man of God, and pursue righteousness, godliness, faith, love, perseverance and gentleness.

## Foshua 24:15

And if it is evil in your eyes to serve the LORD, choose this day whom you will serve, whether the gods your fathers served in the region beyond the River, or the gods of the Amorites in whose land you dwell. But as for me and my house, we will serve the LORD."

# Psalm 127:3-5

Behold, children are a heritage from the LORD, the fruit of the womb a reward. Like arrows in the hand of a warrior are the children of one's youth. Blessed is the man who fills his quiver with them! He shall not be put to shame when he speaks with his enemies in the gate.

# Colossians 3:18-21

Wives, submit to your husbands, as is fitting in the Lord. Husbands, love your wives, and do not be harsh with them. Children, obey your parents in everything, for this pleases the Lord. Fathers, do not provoke your children, lest they become discouraged.

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# Scripture on Anxiety and the Biblical Response

# Matthew 6: 28-33

And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these.. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith?

# Luke 12:22-27

And he said to his disciples, "Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. For life is more than food, and the body more than clothing... And which of you by being anxious can add a single hour to his span of lie? If then you are not able to do as small a thing as that, why are you anxious about the rest?

Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.

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# 1 Peter 1:6-7

In this you rejoice, though now for a little while, if necessary, you have been grieved by various trials, so that the tested genuineness of your faith-more precious than gold that perishes though it is tested by fire-may be found to result in praise and glory and honor at the revelation of Jesus Christ. Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory.

# Philippians 4.4-7

Rejoice in the Lord always; again I will say rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

# Proverbs 3:5-9

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the Lord, and turn away from evil.

It will be healing to your flesh and refreshment to your bones. Honor the Lord with your wealth and with the first fruits of all your produce.

# Fames 1:2-5

Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

# Colossians 3:18-24

Wives, submit to your husbands, as is fitting in the Lord. Husbands, love your wives, and do not be harsh with them. Children, obey your parents in everything, for this pleases the Lord. Fathers, do not provoke your children, lest they become discouraged. Bondservants, obey in everything those who are your earthly masters, not by way of eye-service, as people-pleasers, but with sincerity of heart, fearing the Lord. Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.

# Biblical Opportunition Opportuniti

Scripture on

# Proverbs 19:14

House and wealth are inherited from fathers, but a prudent wife is from the Lord.

# Proverbs 18:22

He who finds a wife finds a good thing and obtains favor from the Lord.

# 1 Timothy 2:9-10

Likewise also that women should adorn themselves in respectable apparel, with modesty and self-control, not with braided hair and gold or pearls or costly attire, but with what is proper for women who profess godliness—with good works.

# 1 Peter 3:1-4

Likewise, wives, be subject to your own husbands, so that even if some do not obey the word, they may be won without a word by the conduct of their wives, when they see your respectful and pure conduct. Do not let your adorning be external- the braiding of hair and putting on of gold jewelry, or the clothing you wear-but let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious

# Tilus 2:3-5

Older women likewise are to be reverent in behavior, not slanderers or slaves to much wine. They are to teach what is good, and so train the young women to love their husbands and children, to be self-controlled, pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled.

# Ephesians 5:22-24

Wives, submit to your own husbands, as to the Lord. For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its savior. Now as the church submits to Christ, so also wives should submit in everything to their husbands.

# Proverbs 21:9,19

It is better to live in a corner of the housetop than in a house shared with a quarrelsome wife.

It is better to live in a desert land than with a quarrelsome and fretful woman.

### About the Author



Jami is passionate about Biblical Homemaking and striving to be a woman of God. Jami and her loving husband Jason are busy raising their twin sons: Malachi & Micah. She has a heart for hospitality and making her home an inviting place that reflects Christ.

She blogs about this passion at <u>Young Wife's</u> <u>Guide</u>. She is also passionate about encouraging couples to form Christ-Centered unions and blogs about this at <u>A Biblical</u> <u>Marriage</u> which she owns with her husband.

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